

Ragondin (Nutria) Meat Quick Facts

What is it? It is a very lean red meat from the nutria, a fur bearing herbivore native to South America that was first introduced into the wild of Louisiana in the late 1930s, when animals were intentionally and/or accidentally released from fur farms.

What is it like? Nutria meat is very similar to rabbit meat and tastes like dark turkey meat.

Is it wholesome to eat? Yes. Nutria harvested for meat are cared for differently than those harvested for pelts only. Nutria for human consumption are still harvested primarily for the pelt, but must be stored and processed under guidelines for other food grade meat. Only nutria processed at a state inspected facility can be sold for human consumption. There is currently only one state inspected facilities in Louisiana. In addition to Chef Parola, many premier Louisiana chefs have created nutria dishes, including Chef Paul Prudhomme, Chef John Folse, Chef Enola Prudhomme, Chef Suzanne Spicer, Chef Daniel Bonnot, Chef John Besh, & many more!

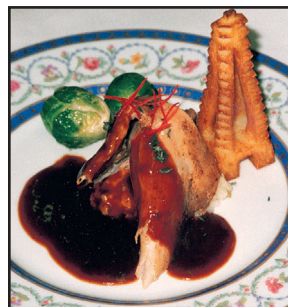
When is it available? Frozen nutria meat is available year round, and can be shipped nationwide. Call 1-800-314-5225 to order.

How is it packed? Nutria are sold whole carcass, or in halves—rib sections (front half), and hind saddles (back half). Each half is sold separately vacuum packed. The hind saddles will predominate the market demand, but rib sections are available at a much lower cost. All meat is labeled.

Aren't nutria dirty animals? NO! Quite the contrary. Nutria occurring in the wild are clean animals, contrary to their look-alikes—rats, which are omnivores, nutria consume exclusively plant life.

HEART HEALTHY 'Crock-Pot' NUTRIA

- 2 hind saddle portions of nutria meat
- 1 small onion, sliced thin
- 1 tomato, cut into big wedges
- 2 potatoes, sliced thin
- 2 carrots, sliced thin
- 8 Brussels Sprouts
- 1/2 cup white wine
- 1 cup water
- 2 teaspoons chopped garlic
- Salt and pepper to taste
- 1 cup demi-glaze (optional)



Layer onion, tomato, potatoes, carrots and Brussels sprouts in crockpot. Season nutria with salt, pepper and garlic, and place nutria over vegetables. Add wine and water, set crockpot on low and let cook until meat is tender (approximately 1 ½ hours). Garnish with vegetables and demi-glaze. Makes four servings.

RAGONDIN SAUCE PIQUANT

- 3 lbs. diced ragondin meat
- 2-4 cloves garlic, minced
- 2 c. water
- 1 c. sherry wine
- ½ c. jalapeno peppers, drained
- 3 onions, chopped
- 1 bell pepper, chopped
- 1 c. Tomatoes, drained and quartered
- 2 c. margarine
- ¾ c. flour

In a large dutch oven make a medium brown roux using margarine and flour. Add onions, bell pepper and garlic. Cook until tender. Add ragondin meat, sherry and water. Cook on low heat approximately 1 ½ hours or until meat is tender. Add tomatoes and jalapeno peppers. Cook 30 minutes. Serve over rice with garlic bread.

LOUISIANA NUTRIA (Ragondin)

By Chef Philippe Parola
Culinary Consultant



Culotte de Ragondin
a la
Moutarde



Ragondin with
blackberry
demi-glaze



Nutria Soup



Nutria Fettucine

For more information, contact

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www.nutria.com

RAGONDIN SPAGHETTI CASSEROLE

- 1 c. chopped celery
- 1 stick butter or margarine
- 1 clove garlic
- 1 (16 oz.) can tomatoes
- 3 med. onions, minced
- 1 (16 oz.) pkg. Thin spaghetti
- 2 bell peppers, minced
- ½ c. grated cheddar cheese
- 1½ lb. ragondin

Precook ragondin in enough water to make 2 quarts of stock. Sauté vegetables in butter. Add 1 quart stock and tomatoes and simmer (1 hr.). Chop meat into small pieces. Mix with sauce and put in casserole. Put cooked, drained spaghetti (cooked in remaining ragondin stock) into sauce and ragondin. Mix well. Add salt, pepper, garlic powder. (season to taste). Bake 40 minutes at 350 deg. Sprinkle with grated cheese and jalapeno peppers, 1 sliced (6 or 8). Bake for about 20 minutes more. Serves 8 to 10. Freezes well.

RAGONDIN AND PORK SAUSAGE

- 15 lbs. cleaned, de-boned ragondin meat
- 1 c. Oak Grove Sausage Seasoning
- 10 lbs. Boston butt pork roast
- 2 qts. hot water

Grind ragondin and pork together. Add hot water and sausage seasoning, mix well. Stuff ½ of mixture in sausage casings. Use the other ½ for burgers, meatloaf, spaghetti or other recipes calling for ground meat. Makes a 25 lb. batch.

Note: To spice up the flavor a bit, add ¾ cup cayenne pepper and 2 cups green onions.



Chef Parola and Chef Creehan create nutria dishes for Tom Foley, U.S. Ambassador to Japan.

NUTRIA AS A NEW LOUISIANA DELICACY

"Nutria meat is surely the most exciting delicacy to come along in years. With a taste that can be characterized as a

cross between dark turkey meat and rabbit meat, it's no wonder that nutria meat dishes are a major attraction to restaurants, bringing in high praise from customers and food critics alike."

"The fact that nutria eat strictly selected roots and plants in their natural habitat makes the nutritional value of the meat attractive to customers. Nutria is rich in protein, low in cholesterol, has virtually no fat, and has absolutely no game taste. This incredible new product will add a new dimension of creativity and success to any menu." -Chef Philippe Parola



Chefs preparing nutria meat

If you would like to have nutria meat included in your menu, or would like more information on preparation and recipes, contact Chef Parola, International Culinary Consultant at 225-937-6235 or e-mail chef@chefparolaconsulting.com.

www.chefparolaconsulting.com

| Which Has | NUTRIA | TURKEY | CHICKEN | BEEF |
|--------------------------------|--------|--------|---------|------|
| the <i>Most</i> Protein? | 22.1 | 21.8 | 21.4 | 16.6 |
| the <i>Least</i> Fat? | 1.5 | 2.9 | 3.1 | 26.6 |
| the <i>Lowest</i> Cholesterol? | 40.1 | 65 | 70 | 85 |

grams per 100 grams Source: Pennington Biomedical Research Center



RAGONDIN SALAD

- 1 ragondin hind saddle
- ½ c. classic mayonnaise
- 2qts. Water
- 2 T. fresh lime juice
- 1 tsp. of red wine vinegar
- Salt and pepper to taste

VINAIGRETTE:

- ¼ c. white wine
- 2 dashes Louisiana hot sauce
- 2 tsp. Dijon mustard

In stockpot, bring to low boil ragondin, water, vinegar and salt for 1 hour until meat is tender. Remove ragondin meat and break meat off bones and let it cool. To prepare the vinaigrette, boil wine for about 3 minutes to remove the alcohol, and then allow it to cool. Combine well with the other ingredients and store in the refrigerator. Marinate ragondin meat in vinaigrette 30 minutes before serving over selected mixed greens. Makes 4 to 6 servings.

Nutria
Good for You.
GOOD FOR LOUISIANA
www.nutria.com